
Quick Creole Chicken

Marie Elie

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 whole chicken, cut into pieces
1/2 cup white vinegar
2 tablespoons salt
4 cups water
2 teaspoons "Tropical Herb Mix" by Emeril
1/4 cup "Creole Sensation" seasoning sauce by Tony Chacheres
1 small onion
1 tomato, sliced
2 tablespoons chopped parsley

In a bowl, combine the vinegar, salt and water. Mix. Rinse the chicken pieces in the vinegar solution.

Place the chicken in a deep skillet. Add the Tropical Herb Mix and Creole Sensation sauce. Cook until most of the liquid has evaporated.

Add the onion, tomato and parsley. Stir and simmer for 10 minutes.

Chicken

Per Serving (excluding unknown items): 3301 Calories; 234g Fat (64.9% calories from fat); 260g Protein; 24g Carbohydrate; 4g Dietary Fiber; 1358mg Cholesterol; 13880mg Sodium. Exchanges: 36 Lean Meat; 3 Vegetable; 24 Fat; 1/2 Other Carbohydrates.